

Fish Tacos

You won't need to do much cooking tonight, yet you'll experience a big payoff! Fresh seasonal flavors await.

Fish tacos are on the menu. We'll use up the leftover piece of fish from Wednesday. The tacos are served with a quick tarter sauce, shredded cabbage, lettuce, seared peppers and Quick, Low-sodium Tomato Salsa. Delicious!!

Serve a plate of orange slices as a finish to the meal. **Preparation Time: 40 minutes - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

Before you begin cooking, prep and organize your ingredients so they are easy to add. You'll be making homemade condiments: Tartar Sauce and Quick, Low-sodium Tomato Salsa. There are multiple preps for sweet onion: 2 T. finely-chopped for the tartar sauce, 3 T. finely-chopped for the slaw, 1/2 C. coarsely-chopped for the salsa. You'll chop 3 cloves of garlic: 1 each for Tartar Sauce, Slaw and Salsa.

Tarter Sauce

1 tsp. sesame oil
2 T. rice wine vinegar or lemon juice
1 clove garlic (smashed and chopped)
2 T. parsley (chopped)
1 tsp. soy sauce
2 T. sweet onion (finely chopped)
3 T. dill pickle (chopped)
2 T. vegan or low fat mayonnaise
1/4 C. plain, nonfat yogurt

Slaw

1 clove garlic (smashed and chopped)
3 T. sweet onion (finely-chopped)
1/2 of a jalapeño pepper (finely chopped)
1/4 C. cilantro (chopped)

2 T. Lemon juice
2 T. low-sodium vegetable broth
2 tsp. granulated sugar

2/3 C. cucumber (peeled, finely chopped)
1 C. Napa cabbage (thinly-sliced or shredded)
1/3 C. red cabbage (thinly-sliced or shredded)
2/3 C. carrot (grated)

Quick, Low-sodium Tomato Salsa

1 clove garlic (smashed and chopped)
1/2 jalapeño pepper (finely chopped)
1/2 C. sweet onion (coarsely-chopped)
1 seeded Anaheim pepper (finely chopped)
2 T lime-juice
1/2 tsp. salt
1/4 C. fresh cilantro (chopped)

one 15 oz. can no-salt diced tomatoes

Fish Tacos

two 6" soft flour or corn Tortillas
6 oz. cod fillets (leftovers)
tartar sauce (above)
salsa (above)
1/4 C. shredded, sharp cheddar cheese
2/3 C. red leaf lettuce (chopped)
Finish
1/2 of an orange per diner (sliced)

First thing...

Preheat oven to 250°

Grownup Kitchen

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Wrap leftover fish in foil and place on a plate in a 250° oven for 15 minutes. Then assemble the meal as instructed below.

Tartar Sauce

1. Mix all ingredients except mayonnaise and yogurt in a medium-sized mixing bowl.
2. Stir mayonnaise and yogurt together until smooth and stir into other ingredients.

Let stand until dinner is served.

Slaw

1. Toss garlic, onion, Jalapeno pepper and cilantro in a medium sized bowl.
2. In a separate bowl mix lemon juice, broth, and sugar. Stir until sugar is dissolved. Toss with mixture in the larger bowl.
3. Add cucumber, cabbage and carrot to garlic/onion mixture. Toss again and set aside.

Quick, Low-sodium Tomato Salsa

1. Place all ingredients except diced tomatoes in a food processor and blend well.
2. Add chopped tomatoes and pulse a few times to mix.

Fish Tacos

1. Place 2 tortillas on a large serving plate. Sprinkle a few drops of water between each tortilla. Cover with another plate and microwave for 40 seconds.
2. Break warmed fish into small pieces. Place some fish down center of warmed tortillas and spoon a couple of teaspoons of tartar sauce over the fish.
3. Spoon on a couple tablespoons of fresh salsa.
4. Top off with lettuce and a sprinkle of cheese.

Serve 3/4 C. slaw and 1/2 of a sliced orange along side each taco.

What I've Learned from this Recipe

Making your own sauces and salsa are definitely the way to go. Homemade salsas and tartar sauces are lower in sodium, taste great and aren't loaded with fillers.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com